



BOWLING CENTERS

MORALE, WELFARE & RECREATION

BOWLING

Lights are flashing and the music is pumping as everything in sight is glowing in the dark. This is no ordinary nightclub! It's Xtreme bowling, also referred to as "cosmic" bowling. Unlike traditional bowling, Xtreme bowling features black lights, glow-in-the-dark balls, fluorescent pins and lanes combined with pulsating music, a laser light show and atmospheric fog. As lights pulsate to the beat of your favorite music, you'll experience an amazing glow that you won't soon forget as you roll your next strike down the lane. For a fantastic, futuristic, glow in the dark good time, visit one of your regional MWR bowling centers and let the good times bowl. Additionally, all MWR regional bowling centers offer bowling for your recreational pleasure. Regional bowling centers support league actions for all ages and are open daily. Also available in select locations are pro shops, arcade rooms, snack bars and bar facilities. Children's birthday parties, re-enlistments, and command functions are just a few of the functions that can be coordinated at any regional MWR bowling facility.

Dam Neck Annex Seaside Lanes

320 Talos Street, bldg. 194
757.492.6341
Mon-Thur, 10:30 a.m. to 10 p.m.
Fri, 10:30 a.m. to 1 a.m.
Sat, 9:30 a.m. to 1 a.m.
Sun & Holidays, noon to 10:30 p.m.

EVENT CALENDAR

Monday Night League now forming!
Meeting Monday, January 9, 7 p.m.
9-pin No-Tap Tournament
Sunday, January 15, 5 p.m.

\$1.50 Games

Monday-Friday, until 4 p.m.

\$2 Games

Tuesday, 4 p.m. to close & all day Sunday

\$5 Lunch Specials

Monday-Friday, 10:30 a.m. to 1 p.m.

Pizza Bowl

Large one-topping pizza, pitcher of soda and 2 hours of bowling, all for only \$25!
Wednesday 5 to 7 p.m. and 7 to 9 p.m.
Six people per lane maximum.

Cosmic Bowling

Friday night, 10:30 p.m. to 1 a.m.
Saturday night, 10 p.m. to 1 a.m.

Birthday parties and group rates available. Call customer service for more information!

JEB Little Creek

Gator Bowl
6th Street, bldg. 3560
757.462.7952

Open daily from 9 a.m. to midnight, including holidays, Gator Bowl offers 32 lanes bowling for your recreational pleasure! Also available are pro shop, snack bar and bar facilities. Children's birthday parties, reenlistments and command functions are just a few of

the functions that can be coordinated at the center. Give us a call!

Naval Station Norfolk Pierside Lanes

B Avenue, bldg. CEP-127
757.451.0600
Sun, 1 to 7 p.m.
Mon-Thurs, 10 a.m. to 10:30 p.m.
Fri, 10 a.m. to midnight
Sat, noon to midnight

EVENT CALENDAR

Martin Luther King Holiday Special
Monday, January 16
\$1.50 games all day!
Hours of operation 1 to 7 p.m.

Valentine's Special

Tuesday, February 14, 4 to 10:30 p.m.
Couples bowl for \$1.50 per person, per game

Presidents Day Special

Monday, February 20
\$1.50 games all day, hours of operation, 1:30 to 7 p.m.

\$10 Lunch Special

Monday-Friday (includes three games of bowling, shoes and a combo meal)

\$1.50 Games

Monday-Friday, 1 to 4 p.m. \$1.50 per person, per game

Sunday All-You-Can-Bowl

(shoes not included)
1 to 4 p.m., \$6 per person
4 to 7 p.m., \$7 per person

Monday Night All-You-Can-Bowl

4 to 10 p.m., \$10 per person (shoes not included)

\$1.50 Tuesday Nights

4 to 10:30 p.m., \$1.50 per person, per game

Friday Night Karaoke
10 p.m. to midnight

Rent-A-Center

Have your party with us! Three hours of unlimited bowling and unlimited shoe rental for \$500 (food cost not included).

Norfolk Naval Shipyard Strike Zone Bowling

1487 Andrew Street, bldg. 1487
757.396.3808
Sun, Noon to 10 p.m.
Mon, 11 a.m. to 10 p.m.
Tues, 9 a.m. to 10 p.m.
Wed & Thurs, 11 a.m. to 10 p.m.
Fri, 11 a.m. to midnight
Sat, 9 a.m. to midnight

EVENT CALENDAR

Super Bowl Bash

Sunday, February 5, 6 p.m.
All-You-Can-Bowl
6 p.m. until the game is over!
\$12 per person includes shoe rental.
50¢ wings, pizza specials, 50¢ sodas.
Come watch the game on our huge projection screens and bowl at the same time!

50¢ Mondays

50¢ games & 50¢ shoes
Open to close

Sunday All-You-Can-Bowl

1 p.m. to 4 p.m.
\$7 per person, \$2 shoe rental

Kids Party Saturdays!

Have your birthday party with us. Saturdays, 9 a.m. and last party at 5 p.m. \$10 per child under 12 years of age, receives three games of bowling, shoes and food. Two menu combos to choose from. Call to reserve your party today!



Pizza Bowl

Friday & Saturday, 5 p.m. and the last pizza bowl is at 10 p.m.
Includes two hours of unlimited bowling, shoes and a large one-topping pizza and pitcher of soda for only \$40!
Five people maximum per lane.

Blacklight Bowling & Karaoke!

Friday & Saturday, 6 p.m. to midnight.
Karaoke in the Hideaway Lounge

Weekday Lunch Special

Monday–Friday, 11 a.m. to 4 p.m.
\$8 per person includes two games, shoes and food from a selected menu.
\$10 per person includes three games, shoes and food from a selected menu.
We do retirements, re-enlistments, command parties. Please contact us for your next event.

NAS Oceana

Freedom Lanes

911 E. Avenue, bldg. 540
757.433.2167

Mon–Thurs, 9:30 a.m. to 10 p.m.

Fri & Sat, 9:30 a.m. to midnight

Sun, noon 10 p.m.

EVENT CALENDAR

\$1.50 Games

Monday–Friday, 9:30 a.m. to 4 p.m.

\$2 Games

Wednesday, 4 p.m. to close
& Sunday, open to close

Pizza Bowl Wednesdays

5 to 10 p.m.

One single-topping pizza, one pitcher of soda and two hours of bowling for only \$25! Six people maximum.

\$5 Lunch Combos

Monday–Friday 11 a.m. to 2 p.m.

\$10 Lunch Specials

Includes three games of bowling and a select combo meal.

Monday–Friday 11 a.m. to 2 p.m.

Mid season leagues are forming!

Call front desk for dates and times.

Sponsored guests are eligible.

Birthday Parties and Group Rates Available. Call customer service for further information.

**NSA Hampton Roads
Northwest Annex**

Northwest Lanes

2355 Olympic Blvd., bldg. 241
757.421.8267

Mon & Tues, closed

Wed–Sun, 11 a.m. to 7 p.m.

Frid, 11 a.m. to 9 p.m.

Adult League

Starts Friday, January 6

Plays Friday and Saturday, 7 p.m.

Rock-n-Bowl!

Saturday, January 14, 7 to 10 p.m.

\$10 per person, maximum of four people per lane.

Parent/Child League!

Days and time vary depending on interest and participation.

Call to register!

9-Pin No-Tap Tournament

Saturday, January 28, 6:30 p.m.

\$13 to enter, sign up early!

Low-Ball Tournament

Sunday, February 12

Lowest score in three-game total WINS! Cost is \$10 per person, ball must stay on the lane.

Family Day!

Sunday, March 4

Hotdog and 12 oz. fountain drink, just \$1 all day.

January: Red Head Pin Saturdays

11 a.m. to 7 p.m.

Bowl a strike with a red-head pin and win a coupon for a free game during your next visit.

January: Sunday Special!

Hotdog and 12 oz. fountain soda for only \$1.

January: Dollar Games

Wednesday through Friday,
11 a.m. 1 p.m.

January: Etiquette Thursdays

Learn bowling etiquette and scoring every Thursday at 5 p.m.

Great for beginners and kids!

**January & February:
Family Special**

Two hours of bowling, shoes, drinks, and pizza, for only \$35, four people maximum. Reserve your lane today!

**March: Red Head Pin
Saturdays & Sundays**

Bowl a strike with a red-head pin and win a coupon for a free game during your next visit.

March: Dollar Games

Wednesday through Friday,
11 a.m. to 1 p.m.

**March: All-You-Can-Bowl
Thursdays**

1 to 4 p.m., \$10 includes fries & soda